

Sacramento Gender Association

Volume 1 Issue 17

July 1995

Shelby's Musings

June Activities

June was a very busy month as far as activities related to transgendered events goes. On Saturday June 10th, Lambda's annual Freedom Fair was held in Capitol Park. ETVC came up from San Francisco for this event and had an outreach booth set up. They handed out information on ETVC as well as SGA. I and several other girls spent time working in the booth, talking with people and handing out material. Everyone we met was friendly and many seemed genuinely interested in what we had to say.

The transgendered community was well represented at the fair. In addition to the ETVC booth, Melinda Whiteway came up from Santa Cruz. In case you've never met Melinda, she is an attorney who spends a good deal of her time working with the International Conference on Transgendered Law and Employment Practices. The work done by these people could someday make a big difference to many of us when it comes to discrimination in the workplace.

I was happy to see that many members of SGA turned out at the fair to show their support. It really is important for us to work together with members of the gay, lesbian and bisexual

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CROSS SECTION

by Lisa

TO WONG FOO, THANKS FOR EVERYTHING, JULIE NEW-MAR. Huh? Is that the title? Yes folks, this fall, coming to a local theater near you, is another movie with cross-dressing as the central theme. What's surprising is the Hollywood muscle behind this one - none other than that Mida's Touch BIG BOX OFFICE superhuman Steven Spielberg, who is the producer! And, two of the manliest, studliest, hunkiest, actor types play lead roles as drag queens - Wesley Snipes and Patrick Swayze! This release will not likely suffer the unfortunate fate of the last notable CD product from Tinseltown, that is, Tim Burton's gem of a movie, ED WOOD. Although ED WOOD, with Johnny Depp in the title role, was admired by just about all the

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FIRST TIME

My first time out at a S.G.A. meeting wasn't a drag... it was very exciting to meet other cross-dressers, and TS's. I was so nervous that I ended up melting my gold necklace. Maybe it was a hot flash.

First I met Beverly, who looked very sexy in a short white pleated skirt with white high heeled sandals. I loved seeing her painted toenails peek out from the open toes. I was with my wife, who also had a very good time, and I introduced ourselves to Beverly and Ava, who was in drab.

We went into the restaurant and chatted while the others arrived. The staff of the restaurant was so friendly I immediately felt at ease. I met Patty, from Stockton, whom I would love to get to know better. She wore a cute peasant blouse and a very sexy denim mini skirt. I could hardly

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25th ANNUAL SAN FRANCISCO PRIDE CELEBRATION

There we were, walking down the middle of Market Street in San Francisco, at 11 AM on a Sunday. Along either side of us, like a gigantic gauntlet, were hundreds of thousands of crazed, screaming fanatics. We proceeded slowly, looking side to side, hoping that we would be accepted and not jeered at.

Actually, the march was easy-going and a lot of fun. The spectators were friendly, with many clapping and cheering as we walked by. Our contingent of about 120 transgendered persons was one of hundreds of alternative lifestyle groups that participated in the 25th Annual San Francisco Lesbian, Gay, Bisexual, Transgender Pride Celebration. Shelby and I represented the SGA; the ETVC, DVG, and groups from all over the country made up the rest of the transgendered force.

Some of our marchers walked up and down to the spectators, hugging, shaking hands, and exchanging greetings. Our good friend Billie Jean waved daintily to the crowd, while wearing her Miss ETVC 1992 sash and tiara. It almost seemed that

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DINNER & SOCIAL CALENDAR ON BACK PAGE

Sacramento Gender Association

Blue Rose Chapter

PO Box 215456

Sacramento, California 95821-1456

Phone (916) 482-7742

The Sacramento Gender Association (SGA) is a non-sexual, membership-based organization serving the educational, recreational, and fun needs of the gender challenged community, their spouses, significant others, family members and professionals. Membership is open to all interested persons regardless of gender or sexual orientation.

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Please submit all articles 8.5 x 11 paper, typewritten with 10-14 point type, or WORD 2.0, WordPerfect, or ASCII Text on 3.5/5.25 disk

TREASURERS REPORT

by AVA

In ways the last month has been a very good one for the Association. We shared a booth at the Freedom Fair with E.T.V.C. and this gave us a lot of exposure to the gay community. Jane Bentley (the president of E.T.V.C.), Diane Lask (the Educational Chairperson) and Martina were there to represent E.T.V.C. and for S.G.A. there were Billie Jean, Wittnie, Shelby, Julie and myself. Also there were Melinda Whiteway a lawyer from Santa Cruz and a friend of her's, Joann (a law student from Oregon), both guests of Jennifer. Jennifer had the Lambda gender booth right next to us so if people missed one booth walking by they stopped by the other. Melinda had

some very interesting things from the gender law conference there to look at. Both E.T.V.C. and S.G.A. had newsletters and tri-fold flyers out and E.T.V.C. had brought along some issues of Tapestry. Jami and some of his friends were there so we had representation from both MTF and FTM sides. Anyone wanting information was sure to get it from one of the two booths. It was a fun, if not tiring, day being at the State Capitol all day dressed. The meeting later that evening was well attended.

The shopping night at Be-Bops was a little disappointing as only six of us showed up. They had all clothing at 30% off marked prices and all jewelry

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Shelby's Musings

communities if we are to gain any recognition as a group. Unfortunately, the transgendered community as a whole is just too *closeted* to do it without the help of others. Our numbers are simply too small. It's great to see us work together in a spirit of cooperation.

On Sunday June 18th, the 25th Annual San Francisco Lesbian, Gay, Bisexual, Transgender Pride Celebration took place in (you guessed it) San Francisco. The title of the event is a mouthful, but it is very significant that the word *Transgendered* is included. This is the first year that our group has been recognized in such a way, even though the transgendered community has participated for a number of years. The incorporation of *Transgendered* into the title is due to the hard work of ETVC with the gay, lesbian and bisexual communities in the bay area..

Of course, the thing about this celebration that most people are familiar with is the parade, and again, ETVC's presence was apparent. The ETVC contingent consisted of 120 marchers including Lisa and myself from SGA. Billie Jean, as a past *Miss ETVC* didn't march, she got to ride ! Unfortunately, I can't say she represented SGA because she won't pay her dues. (I'm gonna hear about this !)

An estimated 400,000 watched the parade this year and the entire parade was televised locally in the Bay Area. ETVC was the 11th unit in the parade which meant that the crowd was still fresh and enthusiastic when they saw us. I really think that was to our advantage. The crowd (with the exception of a few hecklers) was extremely warm and supportive. It was a great experience.

This is the second year I've marched in the parade. Last year, I wore a business suit and heels. At the end of the day, I had the worst blisters I have ever had and was not exactly feeling ladylike in the heat in my suit. This year, I got smart... cut-offs, a tanktop and tennis shoes ! Comfort is a key point if any

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PRIDE CELEBRATION

our march was over too quickly. Even after 40 minutes of slow walking, we longed for more of the warmth and joy we felt from the crowd. The news later estimated that 400,000 people attended the event!

The rest of the day was spent perusing the several booths that were set up to represent the various groups. The carnival-like atmosphere added to the fun while we sampled exotic cuisine from several food vendors. The weather was cool but sunny; a typical beautiful day by the bay. Shelby and I continued to help in spreading the goodwill and

I'm on the 'net now, so you other wireheads can now flame me at 1234567@ns.net. Yes, that's really my e-mail address - pretty neat, huh? As a new user (newbie in net-speak), I'm finding that it's quite easy to become addicted to sitting in front of that flickering monitor. I find it nice that the most arcane and obscure topic can be looked up, or I can look in on other people's viewpoints in a discussion (by keyboard) group. You guessed it, I'm constantly checking the Transgendered discussion group. A lot of junk, but some interesting info and views are in there. I see Anyse participating a lot in that group; she always has something constructive to say.

In any case, the Internet can be a powerful tool to spread our gospel. Our sister group in San Fran, ETVC, has a very nice website with digital images of members and beautifully designed information pages. Because of this, ETVC is now known all over the world in the TG community; this is no exaggeration. For those of you who haven't checked it out yet, the ETVC web address is <http://www.zoom.com/personal/cindym/content1.html> . Lisa

of you are thinking about this for next year, and I'd highly recommend it. It is an experience like nothing else you will ever do in your life.

But the celebration is not just the parade. It's great food (just like going to the State Fair), lots of information and wonderful opportunities to purchase various trinkets. ETVC operated an outreach booth, giving out transgendered information including material about SGA (see, our working with them at the Freedom Fair paid dividends !). In addition, ETVC ran one of the beer concessions and a tee-shirt booth. Lisa and I spent over two hours in the afternoon selling tee-shirts, posters, coffee mugs, keychains and necklaces to help out ETVC. The proceeds from these

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message by volunteering for some duty at an ETVC booth.

It was almost 6 PM when we started back. We were tired but happy that we had participated in an event that was known throughout the country. Earlier that week, I had almost decided on not attending since I was feeling a bit apathetic, but luckily, Shelby talked me into it. She had attended last year and knew that it would be fun again.

So now, I have this to say. If you're free at this time next year, GO! It's worth at least experiencing once, and walking in the parade is something that you'll never forget.

Lisa

(Continued from page 2)

TREASURER'S REPORT

at 50% off. After finishing there we went out to see Joseph. He has renamed the Marconi Harbor and has taken back the name he used before, Joseph's Town & Country.

The last meeting in June was held at Joseph's Town & Country as the "Tea Cup" was closed that evening. We had a better attendance that evening than I really thought would show up because of the terrible heat. With 100+ temperatures we still had almost 30 of our members at the meeting. It was a fun night for all as we almost took over the place. Most of the evening we and our guests constituted the majority of patrons.

I hope to see you at our July meetings -- Ava



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GENDER RELATED GROUPS & ACTIVITIES

Pacific Center for Human Growth

A counseling oriented growth center, sponsors all-inclusive gender support groups on every Friday except the last Friday of the month at 8:00 PM. 2712 Telegraph Avenue, Berkeley. Call (510) 841-6224

Rainbow Gender Association (RGA)

Meets the 1st and 3rd Friday of the month 8:00 PM at the New Community of Faith Church, 6350 Rainbow Drive, San Jose. Write RGA, PO Box 700730, San Jose, CA 95170. Call (408) 984-4044

Diablo Valley Girls (DVG)

Meets 1st Tuesday and 3rd Monday of every month 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write DVG, PO Box 272885, Concord, CA 94527-2885. Call (510) 849-4112

The Tenderloin Self-Help Centre

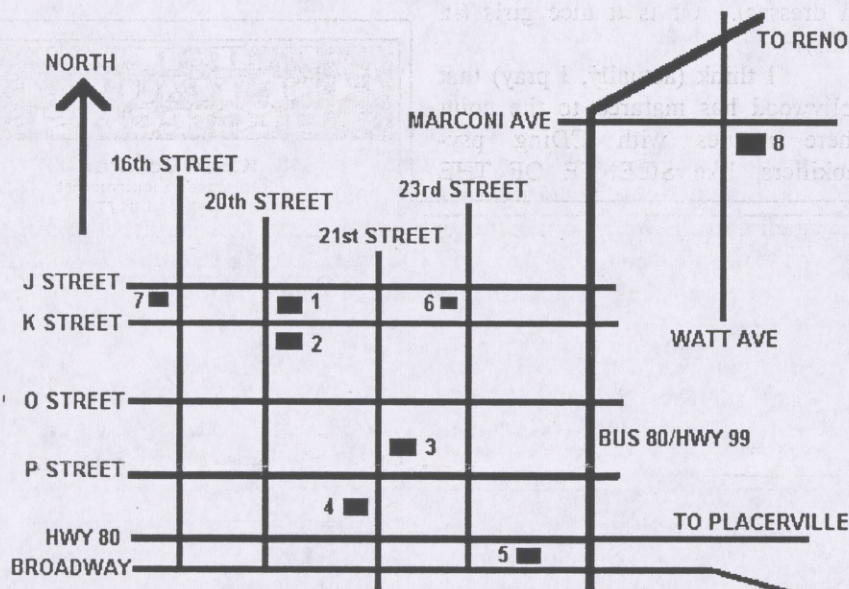
(a project of the Central City Community Hospital House funded by the Community Mental Health Services) Meets every Wednesday, 4-6 PM, at 191 Golden Gate, San Francisco: Call (415) 554-0518

F.T.M.

A support group for Female-to-Male crossdressers and transsexuals, holds both open Informational Meetings and closed Support Meetings. Write: FTM, 5337 College Avenue #142, Oakland, CA 94618. Call: (510) 827-2646

Educational TV Channel (ETVC)

The largest organization of this type in Northern CA providing a wide variety of support including: rap groups, a SO support group, print & video libraries, outreach, educational, and lots of social activities. Write: ETVC, PO Box 426486, San Francisco, CA 94142-6486. Call: (510) 549-2665 or Voice-Mail (415) 334-3439.



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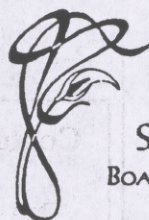
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CROSS SECTION

film critics, it became one of those
 "Good movies that no one goes to see".

Of course, we can't forget the
 wonderful PRISCILLA, QUEEN OF
 THE DESERT. Trouble is, foreign
 movies, even English-speaking ones at
 that (or is it Australian, mate?), usually
 end up in those hoity toity artsy type
 theaters. Which means, unless Termini-
 nator 5 or Rocky 9 or Friday the 13th
 #13 (the last one might be real) are sold
 out, Joe Shmoe and his girlfriend Betty
 are not going to see the good human-
 values flicks.

But then again, with the poten-
 tial mainstream heavy-duty ad cam-
 paign for the WONG FOO etc. movie,
 we may see many of those Wonder-
 Bread viewers in the audience. And of
 course, if the movie shows these DQs as
 nice guys, (in dresses), then that can
 only help our image as being nice guys
 (in dresses). Or is it nice girls (in
 pants)?

I think (actually, I pray) that
 Hollywood has matured to the point
 where movies with CDing psy-
 chokillers, like SILENCE OF THE

LAMBS, DRESSED TO KILL, and of
 course, PSYCHO, are now passe'. In
 any case, I hope that next year brings
 another movie with the "good person in
 different gender clothes" to our screens.
 Maybe this is a trend for the consum-
 mate actor. Show your range like
 Dustin Hoffman playing TOOTSIE,
 and become a REALLY BIG STAR!

The explanation for the weird
 title: That's what's written on an auto-
 graphed picture of Julie Newmar that's
 hanging in a Chinese restaurant. One
 of our heroes (heroines?) "borrows" the
 pic since (s)he is a big Julie Newmar
 fan. The movie fun starts there. And
 really, Julie Newmar today, (the origi-
 nal Catwoman, meow) has achieved
 cult status among all self-respecting se-
 quined DQs. I don't know - ask your
 local DQ why.

Lisa

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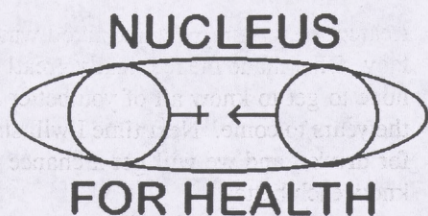
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In previous columns I've spoken on the benefits of natural plant estrogen's and some herbs which contain them. I thought it would be a good idea to list a few food sources rich in natural plant estrogen's. These include: miso, tofu, soybeans, soy sauce, fennel, oats, corn, carrots, wheat, wild yams (store yams are actually sweet potatoes), apples, and almonds. Adding these to your diet will naturally increase the body's assimilation of estrogen's.

I received an inquiry during the past month from a member who had a few questions about Black Cohosh, including an economical source for it. I would like to expand on the answers for the benefit of my readers. Being that I subscribe to several Health Letters I'm on the hit list for many Herb Catalogs. I've checked them all out and the one with the best prices is: NUTRITION WAREHOUSE, P.O.Box 311, MINEOLA, N.Y. 11501.

Most Health Food Stores sell a bottle of 100 capsules of Nature's Way, Black Cohosh, for \$9 to \$10. This catalog sells it for \$7.11. I buy their generic brand which sells for \$6.95 for 100 or \$17.95 for 300 capsules. They also sell Blue and Black Cohosh in liquid form which is great in teas and lotions. Two ounces sells for \$7.20.

They also have monthly specials. Last month I was able to buy one bottle of 250 Dong Quai caps for their low price of \$19.95 and get a second bottle for half price, for a total of 500 caps for \$29.93. This was a savings of \$15 over store prices.

They also list hundreds of other herbs, vitamins, and products at 20% off store prices. When I first ordered they sent several free gifts, and they give coupons with each order which, when 10 are collected, can be redeemed for \$20 of free merchandise.

I hope from my previous columns it has been made quite apparent the importance of using herbs in moderation. Even the common culinary herb, Rosemary, can be found to have the following caution large dosages can cause symptoms of poisoning (depressed vital signs, lowered body temperature, and low blood pressure.)

I have already mentioned three signs to look for in taking Black Cohosh. These are: headaches, stomach irritation, and varicose veins. If any of these should appear, you should reduce the dosage. A safe dosage would be 4 to 6 caps a day.

NOTICE

THE S.G.A. AND IT'S BOARD MEMBERS NEITHER ENDORSE OR REJECT THE OPINIONS OF THE AUTHOR OF THE PRECEDING ARTICLE "NUCLEUS FOR HEALTH" AND SUGGEST THAT ANY SELF ADMINISTERED DRUGS OR HERBS BE CHECKED WITH A PHYSICIAN FOR POSSIBLE SIDE EFFECTS OR ADVERSE REACTIONS TO ANY MEDICATION.

Some other possible solutions: for headaches try quitting the consumption of caffeine and/or alcoholic beverages, or try taking a vitamin B complex supplement; for stomach irritations try taking the herb with meals, or one cap at a time, or try mixing the contents of a cap in a teaspoon of virgin olive oil; for varicose veins try taking more B and C vitamins, plus add calcium and magnesium supplements. For all these symptoms try taking Dong Quai, and some of the other herbs I mentioned last month in conjunction with taking Black Cohosh.

I must insert here a published statistic, the comparative causes of death on an annual average basis in the U.S.: deaths due to adverse drug reactions 60,000 to 140,000 verses "O" deaths due to all vitamins, uncontaminated amino acids, and commercial herbal products.

Compared to synthetic estrogen which has many known harmful side effects, including high blood pressure, stroke, and cancer, Black Cohosh has not been associated with any of

these. However, your body's system of cells is going to reject excess amounts of this herb possibly resulting in one or more of the symptoms (headaches, stomach irritations, and varicose veins.) Further more, the average body can only use between 1000mg and 2500mg per day. Any amounts above this is a waste of Black Cohosh and your money.

Patience is the key to any hormone therapy. Young teen-age girls do not develop a B or C cup overnight. You can't speed the process up by taking more than your body can absorb.

Also remember there is nothing masculine about it, if you take this herb you will develop breasts, and all the secondary characteristics associated with a feminine appearance. So be very sure that this result is the one that you really want, for you will be living in this new feminine form for the rest of your life.

Next month I'll discuss the wild yam and natural progesterone, till then good health and have fun!

Tina Louise

Holiday En femme

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NEW MEMBER COMMENTS

take my eyes off of her. She's an artist and I found her extremely interesting. Patti you looked great. Next I met Shelby. Wow! what beautiful legs! She wore a slip dress that showed off a very beautiful body. Shelby, I'm so jealous of you already. I loved her dress and earrings. I wish we could have talked more.

I met Roberta next, she wore a pretty pink print dress, and she really looked great. She told some very funny stories. Billie Jean came in next, what a stunner. She wore a gorgeous maroon blouse, short black skirt with maroon nylons. I thought she looked incredibly sexy. She was so full of feminine confidence that I studied her every chance I could.

Charla and Toni were there with Nikki and Bear. I loved Charla's beautiful blue blouse, covered with embroidery. There were so many other people there, that I didn't get to meet

all of you. I'm sorry, next time I will.

The lady in the beige dress was so realistic that if I hadn't heard her voice, I wouldn't be able to tell she wasn't a genuine genetic girl. She had the look I am striving for, a natural feminine quality. Unfortunately she was at the other table and I didn't get a chance to talk to her. Two more girls came in later and one had the most beautiful white lace blouse on that I have ever seen. My wife knew that I wanted to have one just like and she said she would help me look for one later. I'm sorry that I didn't get the girl's name, she was very pretty. Later on we met Wittnie, who was in drab. She talked to my wife after the meeting and impressed her quite a bit. Last I met Jerri, who wore a sexy red blouse and black skirt. I talked to Jerri at the end of dinner and was fascinated by her.

To everyone at the meeting, thank you for making my first time out so special and memorable. You all

treated me with respect and like I was a lady. That made me feel really great! I hope to get to know all of you better in the years to come. Next time I will stay for drinks, and we will get a chance to know each better.

Thank you for giving me some place to go when I'm all dressed up. Wow, you are one sexy group of ladies. It's so comforting to be able to be myself without being judged by others. Thanks once again for the best possible time I could have ever had. You all were fantastic and I really felt like a lady with the group. All my love and friendship.

Diane

P.S.

My wife thought you were all pretty sexy and interesting too. She's tough on real girls, so that's really high praise from her. See you at the next dinner.

(Continued from page 3)

Shelby's Musings

sales are used to finance future celebrations.. It was a great experience. Everyone was incredibly friendly and the volume of merchandise sold was absolutely unbelievable.

It really is refreshing to see that members of the transgendered community are being more openly recognized and accepted. But we all need your help. As these events come up in the future, you really should consider coming out and lending your support. There are so few of us that we all must be active.

Another Name

Well, just as I was about to announce the end of the "What's in a Name" contest and declare myself the winner (what, you didn't know there was a contest?... I guess I forgot to tell you that part), I received another entry. The following is from Julieanne Scott of the lovely Sierra town of Pollock Pines.

In the late 60's and early 70's, Liza Minnelli was real big. I was totally enthralled with her. I've always wanted to use the name *Liza* but thought that to be *copy-catish*. So, I chose *Lisa* and began using it as my name. Then about five years ago, my very macho brother married a lady named Lisa. Now my brother is not very understanding and can't deal with my fem persona. So, I again was faced with a name change.

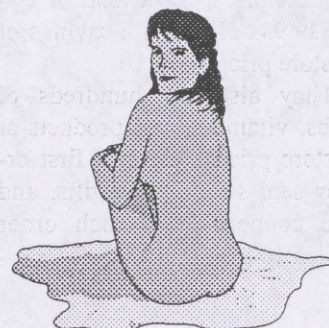
I can't use my other two favorites, Jennifer and Stephanie, for these are the names of my two teenage daughters. I went through bunches of names, but they either congered up visions of old girl friends or were names of friends of my daughters. Then I came across *Julie*, a cute fun-loving kind of a name and I felt it fit; plus it didn't bring up any bad memories. So Julie it was! And so you all have known me since.

But then *Julie* started popping up all over the place in my life. First, a lady whose house I do work on is named Julie, then both my daughters begin sharing a friend named Julie. A

girl friend who has been close and supportive during my time of change introduced me to her daughter... "Julie, meet Julie!" So, I added *Anne* to *Julie* so that now I'm *Julieanne*. There will be no more changes because I'm going to have my name legally changed to *Julieanne* in the very near future.

Thank you for sharing that with us Julianne. I guess that I will hold on a little longer to see if there are any other entrants. Come on now, don't be shy. I want to hear from more of you. Hope you are all enjoying summer now that it is finally here. Take care and I'll see you next month.

SHELBY BEACH



SOCIAL SATURDAY NIGHT**JULY 8, 1995**OPTIONAL
DINNER MEETING**TEA CUP CAFE**

1614 21st Street

7:00 - 9:00SOCIAL
TOWNHOUSE

1517 21st Street

8:30ADDITIONAL OPTIONS
**FACES - THE WESTERN
JOSEPH'S TOWN & COUNTRY**
(SEE MAP ON PAGE 4)**July 1995**

SUN	MON	TUE	WED	THR	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8 Dinner 7:00 TEA CUP CAFE SOCIAL 8:30 TOWNHOUSE FACES
9	10	11	12 MID MONTH SOCIAL AT J.T.C.	13	14	15
16	17	18	19	20	21	22 Dinner 7:00 JOSEPH'S TOWN & COUNTRY SOCIAL 8:30
23	24	25	26	27	28	29

SOCIAL SATURDAY NIGHT**JULY 22, 1995**OPTIONAL
DINNER MEETING**JOSEPH'S
TOWN & COUNTRY**3514 MARCONI AVE
MARCONI AVE JUST EAST OF WATT**7:00 - 9:00**SOCIAL
8:30ADDITIONAL OPTIONS
**FACES - THE WESTERN
THE TOWNHOUSE**
(SEE MAP ON PAGE 4)**MID-MONTH MEETING**

A special night of each month is set aside for an evening without structured meetings. This meeting night is normally scheduled for Mid-month, Mid-week.

This event starts at Joseph's Town & Country for drinks and pool. What happens from there depends upon the persons attending.

Member participation is strictly optional. The main purpose of this evening is to provide members with an opportunity to dress and meet other members or non-members wishing to attend. The perfect non-weekend meeting time for those unable to attend weekend meetings.

**JOSEPH'S
TOWN & COUNTRY**

J.T.C. is an *alternate life styles* bar open to anyone. Joseph has provided a facility whereby persons of all gender orientation are welcome.

Regular events that are scheduled weekly are: Strip & Dance performances (all male) on Tuesday Nights, Karaoke every Thursday night, and Disco dancing every Friday & Saturday night. Also an excellent Sunday Brunch from 10:30 AM to 2:30 PM.

Security is provided from 9:00 PM to 2:00 AM Monday thru Saturday.

S.G.A. members are welcome at anytime dressed or not.

Additional events are scheduled frequently watch for dates.